

RURAL FRINGE

Journal of the Hall district

VOLUME 26 ISSUE 2

April 2019

Aboriginal heritage

Prime Minister's Indigenous Advisory Council visit

Alastair Crombie Honorary Curator Hall School Museum and Heritage Centre

On 13 February the Hall School Museum and Heritage Centre was honoured by a visit from members of the Prime Minister's Indigenous Advisory Council. With the guidance of Ngambri-Ngunnawal elder Aunty Matilda House, Council members wanted to have some direct contact with country while in Canberra for a Council meeting, and so made visits to an old family campsite of Aunty Matilda's family at Flinders Way, Red Hill, and to an Aboriginal site at Pialligo, before coming to the Centre.

As a National Council, members are naturally drawn from a number of far-flung places, including the Kimberley, central Australia, Torres Strait and Arnhem Land. Members are highly regarded, pre-eminent thinkers and practitioners. The Council's role is to advise Government on practical changes which can be made to improve the lives of Indigenous peoples.



Council members at the Halls Creek scarred tree: Co-Chair Ms Andrea Mason OAM, Mr Djambawa Marawili AM, Co-Chair Councillor Roy Ah-See, Mr Reuben House, Dr Matilda House, Ms Susan Murphy and Councillor Ted Fraser.

Members were welcomed to the Centre by Honorary Curator Alastair Crombie. Aunty Matilda's grandson Reuben House played didgeridoo to accompany her welcome to country for us and the visitors, before the group inspected the Halls Creek Aboriginal display and the local stone artefact display 'Stones that Speak'. Finally, the group took their minibus down to the creek to view the magnificent Aboriginal scarred tree there.

While enjoying refreshments with us, Council members shared wisdom

and experience in a most natural and engaging way, which was greatly appreciated. Aunty Matilda and our volunteers discussed the idea of incorporating some local Aboriginal language and voices into our display, and Andrea Mason noted that it was International Year of Indigenous Languages. Other Council members told us of the challenge that still remains in educating future generations about our country's Aboriginal history.

The 'Halls Creek Aboriginal Sites Zone' extends about 1800 metres along the creek margins in public open space or rural leased land, upstream from the Barton Highway to the back of the showground. In 2001 when the Hall Village Heritage Precinct was included in the ACT Heritage Register, Halls Creek was recognised, due to the frequency of recorded Aboriginal stone artefacts,



and the accompanying remnant woodland, as a place of special value within the Hall Heritage Precinct.

'Stories in Dirt' is the user-friendly name for a 'geoarchaeological assessment of the Halls Creek Aboriginal Sites Zone' recently undertaken by two leading scientists – Dr Philip Hughes and Dr Marjorie Sullivan.

... continued on page 4

'Stories in Dirt'



Hall Cricket Team played the ACT Blind Cricket Club in March. The rules include a reduced size oval, under arm bowling and a special ball that is located by the sound it makes.

photos: Bob Richardson



Nigel and Alan warm up for the King Brown cricket challenge against the ACT Blind Cricket Club.

ALPACAS FOR SALE



Owners downsizing
Females and wethered males available
at very reasonable prices.

For more information contact John: **0412 065 075**
email: jandgseeley@gmail.com



**WE ARE YOUR LOCAL CLEANING COMPANY
OFFERING A FRIENDLY & RELIABLE SERVICE
WITH EXCEPTIONAL STANDARDS**

CONTACT US **0435 055944**
email: info@superkleen.com.au

**25% OFF YOUR FIRST CLEAN WHEN QUOTING
RURAL FRINGE**

DOMESTIC CLEANING COMMERCIAL CLEANING CARPET CLEANING

website: www.superkleen.com.au
ABN: 47 519 247 091

Greetings from the new Anglican Priest

Hello! I have already spent some time in Hall, including the last Christmas Eve service, but I will officially commence duties as the Priest for St Michael and All Angels Anglican Church at the 11am service on Sunday 31 March. This follows an Induction service by Bishop Trevor Edwards as the Priest for the Parish of Charnwood and Hall to be held at St Barnabas Charnwood at 2pm on Saturday 30 March. Visitors are most welcome at both services.



Fondly remembering growing up in a small English village, I very much enjoy ministering in small communities, most recently in Yass and Murrumbateman, and prior to that in the Cooma area. Before becoming a Priest, I spent many years in Canberra as a public servant and accountant and I am always happy to answer a bookkeeping query. I also have a particular passion for community development, working in local and international charities.

I am looking forward to getting to know the residents of Hall and working in any way that I can to assist in this community. I can be contacted on **6153 0030** or emma@canberra.church for either religious or non-religious support.

Reverend Emma Street

Easter Services at St Michael's



Palm Sunday 14 April, 11am

Good Friday 19 April, 11am – Combined Churches Stations of the Cross procession beginning at the car park on the corner of Barton Hwy and Victoria St (Yass end) and finishing at the park.

Easter Day Sunday 21 April, 11am

Historic Allwood

Open Day
Saturday 27 April
10am – 4pm



Take a guided tour of this heritage listed slab cottage built in the late 1800's by district pioneers David and Agnes Rule. Enjoy the ambience and experience a little of what life was like in the early days of settlement in the Wallaroo area.

633 Wallaroo Road, Wallaroo

6.3 kms from Barton Highway
(follow the signs)

Further info: Judy & Rod Roberts
Phone: **6230 2436** or **0417 691 102**

 Find us on facebook
at Historic Allwood Cottage

Are you a **property-owner** putting your investment on the market for the first time?
Or a **landlord** looking to switch to a more convenient and personalised service?

Kim Spencer
0413 241 132
kim@spencerproperty.com.au

SPENCER
PROPERTY GROUP
www.spencerproperty.com.au

RayWhite

"Team Southwell" create the competition that sells your property for more.

Simon Southwell 0427 755 997 George Southwell 0429 838 345

Ray White Rural Canberra / Yass
5 Victoria Street, Hall, ACT 2618
93 Comur Street, Yass, NSW, 2582
raywhiteruralyasscanberra.com.au

Canberra Youth Brass Victoria Street Brass
Guest vocalist
Canberra Brass

A Taste of Brass

11th Annual Free Picnic Concert
Master of Ceremonies- David Kilby

Hall School Museum and Heritage Centre
Victoria Street Hall
Sunday 14 April 1 pm

- Food and soft drinks available for purchase
- Museum's new displays open from 10.30am
- Donations greatly appreciated

FERTSPREAD
FERTILISER SALES, SERVICES & SPREADING CONTRACTORS

Call today to find out about our **LIME** Specials

• Urea • Super • Dolomite
• Lime • Agri-Ash • Compost

1800 500 184
paul@fertspread.com
www.fertspread.com

Sales | Delivery | Spreading | Soil Testing | Job Logistics

Hall Women's Rugby

photos:
Bob Richardson



HALL STOCK FEEDS

WHOLESALE AND RETAIL
PRODUCE MERCHANTS



FOR ALL YOUR PRODUCE NEEDS



All Animal and Birdseed



Fencing Materials



Irrigation Equipment



Steel strainers



Treated Pine Products

8:00 am – 5:30 pm weekdays

8:00 am – 3:00 pm Saturday

6230 2631 6230 2644

GLADSTONE STREET, HALL ACT 2618

'Stories in Dirt'

... continued from page 1

With support from the Progress Association, Transport Canberra and City Services, local landowners and ACT's Representative Aboriginal Organisations, the Hall School Museum and Heritage Centre applied for a grant from ACT Heritage in May 2018, and was awarded a grant of \$7,120 in October 2018. Fieldwork for the project took place in January this year, with help and advice from Aboriginal representatives, and the report was completed by the end of February.

The researchers present a fascinating view of how Halls Creek evolved over the past 10,000 years – from a shallow, marshy chain of ponds to the deeply incised and mainly dry creek we know today – and point (in rather technical language!) to where in the sediment profile Aboriginal cultural materials are most likely to be found.

'The swampy meadows and ponds along Halls Creek were a very rich resource zone frequented by Aboriginal people. Such areas are a regional focus of archaeological evidence of Aboriginal culture. They provided reliable water, game animals, plant foods, medicine, bark for construction and reeds to make string and baskets. The camps occupied by Aboriginal people to make tools and equipment, cook and process food and socialise, were on drier and higher ground along the creek edge.'

The combination of mature eucalypts, mature enough to have cut bark slabs from, at least one visually-impressive scarred tree, artefact scatters and artefact-bearing sediments has created a cultural landscape that is rarely conserved in urban areas, making the Halls Creek Aboriginal Sites Zone an important landscape area.'

The project report has been sent to all the stakeholders mentioned above and will be the subject of further presentations in the future. Meanwhile the study has greatly enhanced understanding of the early life of Halls Creek and the Aboriginal cultural values associated with it.



1882

BAR & GRILL
HALL

NOW OPEN FOR BREAKFAST
SAT & SUN

Museum Musings

Student internships / volunteers

As a result of getting a list of projects registered with CareerHub at the University of Canberra we have had enquiries from six students so far, three of whom have settled on a project. This is exceptionally rewarding – to have bright young (mainly) students wanting to come and work with us, getting much more achieved than we would otherwise, and to learn from them.

A taste of Brass

Come and get a taste of brass on the grass – Sunday 14 April at 1.00pm. To be graced again by local bloke David Kilby. Food and drink will be available from around 12 noon for those who want to grab a lunch. This annual event is the major fund-raising activity for the museum; there will be a raffle and a bucket collection as usual.

Alastair Crombie
Honorary Curator



Richard and Amelia Southwell setting off from their family farm 'Brooklands' to Wattle Park Church. Apparently they went via Glenwood station and Church Lane.



Children of Robert and Mary Hatch (1888). The Hatch family's 'Rosewood' farm was only a couple of miles downstream from Hall on Halls Creek, now CSIRO land.

New exhibition for Heritage Festival

The brass concert will be preceded by the opening of our latest exhibition – 'Selected Spaces' – which will tell the stories of six district homesteads and the pioneer families associated with them. Through photos, maps, plans and stories you will learn something of the family histories of the Shumacks of 'Springvale', the Kilbys of 'Lands End', the Southwells of 'Brooklands' and 'Parkwood', the Camerons and Gribbles of 'Glebe Farm', and the Hatches of 'Rosewood'. The exhibition will be opened at 11.00am on Sunday 14 April by Dr Barbara Dawson who some years ago authored a fascinating article about an imagined journey on the old Weetangera Road. The exhibition takes us back down that road to meet some of the best known pioneer families who lived in what is now the district of Belconnen.

'Fooling around in Flannels'

While about to open a new exhibition for this year's Heritage Festival we are also beginning to prepare for the 2020 Festival. We propose to create an exhibition in partnership with the Canberra District Historical Society telling the story of cricket on the Limestone Plains – 'Fooling around in Flannels'. If you have an interest in the history and growth of cricket in Canberra we would be delighted to hear from you. Both Ginninderra and Hall had top teams at different times; we will be telling you all about them!

DARRALEE QUARRY



Darralee Quarry has recently been re-opened. It was one of the RTA's main sources of road base for many years.

Supply and/or delivery of Road Base
to suit gravel roads

Contact Paul on (02) 4845 8288
or paulwyer@fertspreed.com

President's page

Hall Park Initiative

Stephen Alegria, the Executive Branch Manager of City Presentation, from City Services at the Transport Canberra and City Services Directorate (TCCS) in the ACT Government kindly made an important presentation to the meeting of the Progress Association Committee on 20 February 2019.

Stephen gave some background to the community-funded proposal for a recreational trail around the creek, first put forward in 2016. He acknowledged the considerable community-based funding and in-kind support as well as the extensive consultation undertaken. Stephen explained the TCCS role as land custodian is to support and facilitate, including seeking required approvals (including from Heritage). He confirmed that the heritage decision of last October did not support the proposed location and an alternative proposal is to be explored. Stephen wanted the committee to help acknowledge the past and reset to ensure the community contributions can be put to the best use to enhance Hall.

By way of additional information, last October the advice from the Heritage Council was to explore the use of 'site D' (near the polocrosse grounds) for the bike track. TCCS has explained that Site D was rejected as an alternative site for two reasons:

1. Site D has historically been recognised for the past 42 years as a playing surface for the Hall Polocrosse Club. Co-locating a bike track in this vicinity would not allow for a flat fit for purpose surface to ensure rider/horse safety.



Hall playground

2. The open nature of this site would not meet the original design intent for the bike track as it did not provide a sufficiently diverse or interesting experience as would have been the case with a trail through bushland.

Against this backdrop, Stephen described the ACT Government initiative: The Better Suburbs Play Spaces Forum. This consultative group has developed a

priorities framework for developing play spaces across Canberra. TCCS is now using the principles in the framework to implement current projects and as a starting point for a wider Play Space Strategy.

1. Quality over quantity: getting the right mix that delivers value (value of play, value for investment, leverage value of existing assets etc.).
2. Connecting the community (physically and socially) – co-locate play spaces with existing amenities.
3. Play spaces are inclusive.
4. Play spaces enhance physical and mental wellbeing.
5. Play spaces enhance and preserve the natural environment.
6. Equity across the city (number, variety, location).

The Better Suburbs Play Spaces Forum included a significant focus on 'Nature Play' – the use of relatively low cost, sustainable ways to enhance play quality and diversity through the use of logs, water and other natural materials, often to augment existing facilities. Examples are at Giralang shops, Telopea Park, Tuggeranong Town Park and O'Connor.

Stephen finished his presentation to the committee by outlining the following steps for the way forward for Hall:

- Accept that original plans for trail cannot progress.
- Retain focus on the existing park and facilities on Gladstone Street as a community and recreational hub.
- Work with the community to gain broad support and collaborate with other agencies.
- Use Play Space Forum outcomes to guide proposals to enhance access and improve quality of play space.

Peter Toet



Nature play at Giralang

- Take a community-led co-design process with specific consideration of Heritage values.

By email, Stephen provided more specific next steps:

1. TCCS will organise a co-design process to engage community members including children.
2. The co-design will identify a staged approach to inform how to best use current funding as well as provide a basis and direction for seeking future funding.
3. Resulting concept plans will be made available for input by Hall residents and others with an interest.
4. More detailed plans will be prepared to inform ACT Heritage and seek formal advice about approvals required.
5. The necessary approvals process will be undertaken.
6. If approved, works will be implemented.

TCCS will engage directly with the Village of Hall and District Progress Association as well as other interested parties in Hall to take this project forward. We will keep you informed as TCCS proceeds with organising the co-design process. We look forward to agreeing on the best upgrade to the playground in Hall that can be afforded within the resources available.

Please feel free to approach any committee member with your ideas on this project or any other matters affecting Hall and the district:

Peter Toet, President

Tony Morris, Vice President

Olga Minion, Secretary

John Starr, Treasurer

John Burns

Peter Howard

Margaret Monahan

Phil Robson

George Southwell

Heather Wilford

Robert Yallop



Rugby at Hall Oval

- 13 April** Hall Bushrangers v Queanbeyan
27 April Hall Bushrangers v Easts
4 May Hall Bushrangers v Gungahlin Eagles
11 May Hall Bushrangers v Tuggeranong Vikings

2nd Grade Kick-off **1.30pm**
 1st Grade Kick-off **3.00pm**

Don't forget to bring your used beverage containers down to oval to be recycled.

For more information on Hall Rugby Club visit the website: hallbushrangers.com.au

SMALL BUSINESS PARTNER

- Small business accounting and taxation services
- Cashflow and business performance analysis
- Xero silver champion partner



For expert advice on better business efficiency
 Call John Howlett on 6100 4732 or 0411 283746
 Email: john@lpcanberra.com.au

MAKE-YOUR-LIFE-TASTY

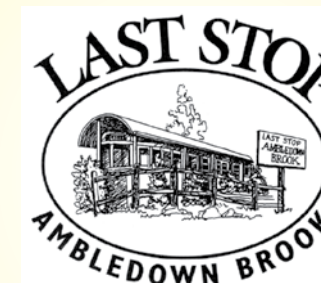
HALL, ACT - Est. 1901

Purveyors of fine wine & craft beer in Hall Canberra offering boutique wine & beer, gifts, produce and beverage accessories

Now available - Private tasting, birthdays, corporate functions, hens, bucks, parties and events!
 - Bookings essential: admin@hopsandvine.com.au

Open Thurs - Sat 11am-7pm & Sun 11am-5pm.

A unique
BED & BREAKFAST
 Experience



(02) 6230 2280

Our vintage carriages have come to rest in picturesque and peaceful surroundings, and so can you...

Springfield Rural Fire Brigade



Rebecca Morrison
President

Two years ago when there was a fire at the top of Mount Spring Terry was there helping out. I won't tell you his age other than to say it is venerable and like at every other fire his calm presence was of great comfort and reassurance to his neighbours as they watched the fire being brought under control.



↑ Terry and Grace Birtles pictured here at the opening of the Springfield Brigade Springrange Road Fire Shed on 20 September 2009. The Shed is dedicated to the memory of Bill Gouge, a volunteer fire-fighter from the Springfield Brigade who died on 5 February 1985 from burns sustained whilst fighting bushfires at Bookham.

I know Terry would also want me to tell you that everything he has done could not have been achieved without the love, support and endless patience of his wife Grace and that the OAM belongs as much to her as it does to him.

Congratulations Terry and Grace – you are remarkable and much loved members of our community and our brigade. Your companionship, your commitment and your compassion is an inspiration. Thank you for all you have done and all the many ways you have helped our community through the good times and the tough times. We salute you.

Contact: **0407 943 813**
email: tomandbecmorrison@hotmail.com

BEAUTIFUL GARDENS

by **DOG TRAP DESIGN**

garden design consultant & horticulturist

LISA WALMSLEY

email: lisa@dogtrapdesign.com.au
web: www.dogtrapdesign.com.au

0428 275 701

This bushfire danger period, as is the case every bushfire danger period, hundreds of bushfire fighters put their lives on the line. In extraordinary heat they fought the hundreds of out of control bushfires. From Tasmania, where they experienced their hottest and driest January ever to Queensland where they experienced for the first time ever 'catastrophic' bushfire conditions and teams from every state and territory were there to help out.

As I write this some of them are still fighting those fires today and others will be out there when next they are needed, which could be this afternoon or tomorrow. And across the country those who volunteer their time and risk their lives do so, often in devastating and heartbreaking circumstances.

These people are amazing and I want to take time to acknowledge the achievements of just one of them – Terry Birtles OAM – who was recognised in the 2019 Australia Day Awards with an Order of Australia Medal.



Terry and Grace

Terry has served as a bushfire fighter with Springfield Brigade ever since moving to the district many years ago. He has also been an active Committee Member with the Brigade serving tirelessly in many roles and most recently as Secretary and before that as President.

Terry received his OAM for Services to the Community and not only has he been a committed volunteer with the Springfield Brigade but he has brought his dedicated, thoughtful, compassionate, good humoured and balanced approach to volunteering with a range of other organisations, most notably Lifeline and the Uniting Church where he worked on poverty alleviation.

In between times he has also managed to write two books, the most recent being *Charles Robert Scrivener, The Surveyor who Sited Australia's National Capital Twice* and which was published by the National Library Press.

Dumping in the Kaveney's Road/Wallaroo area

by **John Connelly**

A number of recent articles in the *Canberra Times* have highlighted the issue of dumping in the Kaveney's Road /Wallaroo area. Many of these are 'legal' in that they receive almost automatic unanimous approval by the Yass Valley Council. Some are illegal and have no approval.

The excessive number of approved dumping operations along Kaveney's Road are of particular concern. No less than five have been approved along that road since 2014. Council's own traffic counter figures suggest up to 300 truck movements a day along Kaveney's Road. This is completely unacceptable on a rural residential road where residents would have chosen to move there to enjoy a quiet rural existence.

The Shire as a whole receives very minimal financial benefit (of the order of a few thousand dollars) from these approvals and the local residents receive a very significant negative impact on their lifestyle.

The question needs to be asked and answered 'Why does Council continue to unanimously approve such developments?'. I have written emails to all councillors and the Director of Planning asking this question but have received no response from any of them. That is why I am writing this article to perhaps elicit some response. Councillors seem to not understand their role in a democracy. They are the ones who should be determining what happens in the Shire as far as planning is concerned. The executive officers (the General Manager and the Director of Planning) are just that, they execute the will of the Council, that is the meaning of the term. In the case of the Yass Valley Council it is my impression from attending quite a number of Council meetings that the Yass Valley Council works the other



photo: Canberra Times

way around. The Director of Planning sets the agenda which is all neatly laid out before the meeting with every motion predetermined. The councillors are simply required to vote for the motions with no dissent. I have observed that trivial matters like installing a new seat

in a local park generate a lot of discussion by Council but significant matters such as a dumping application are just ticked off as a group, unanimous approval, no need for even discussion.

In a recent *Canberra Times* article (Monday 18 February) the Director of Planning is quoted as admitting that 148 trucks

per day (counted by a local resident) is 'excessive'. The 300 trucks per day recorded by Council's own traffic count would therefore seem to be totally 'over the top'. Truck movements need to be significantly reduced to say 50 per day maximum.

I therefore publicly ask the councillors to account for their actions in continually and recklessly approving dumping applications which bring minimal benefit to the Shire as a whole and very significant negative impact on the lifestyle of their constituents.



Your Local Electrician

- Available 24 hours/seven days a week for electrical emergency repairs
- Licensed/insured professionals
- Residential/rural/commercial and industrial
- Split system Air-conditioning supply and install
- Level 2 Accredited Service Providers – metering, overhead and underground connections
- Energy efficiency advice
- Friendly customer service
- Will compete with any other written quotation the 2618 area

ABN 17 103 874 620
Licence 153006C (NSW) 200313230 (ACT) ASP AP30672 (NSW)
Accredited Master Electrician 803

0427 363 747 or 0428 288 466



Poachers Pantry

Things are smoking at Poachers Pantry with many things coming up not to be missed.

- Enjoy our new menu that has just been introduced with our gorgeous smoked artisan meats accompanied by local sourced produce. If you want to wander our vineyard, our tour of our vineyards and wine tasting is still available until the end of April.



- Easter long weekend **19 to 22 April** – Good Friday CLOSED, though hop on in over the weekend and enjoy our a la carte lunch, including Monday.
- ANZAC DAY **Thursday 25 April** – we will be closed in remembrance of our soldiers.

- Don't miss out on attending our Wedding Open Night on **Friday 10 May 2019**. Meet our fabulous wedding team who can run through everything you need to know about planning your special day. You also have the chance to have a sit down dinner on the night to try our wedding menu. Special price of \$65pp for a three-course dinner. Our preferred suppliers will be on show for you to meet.
- Make Mum feel super special this Mother's Day **Sunday 12 May** and treat her to a two-course brunch or four-course lunch.



– creating delicious stories –

Poachers Pantry
Smokehouse Restaurant

Situated between Hall and Murrumbateman.
Traditional smoked meat, seasonal flavours and cool climate wine.

Smokehouse Restaurant Brunch: Sat & Sun, 9:30–11:30am
Lunch: Fri– Sun, 12 to 3pm

Cellar door and Farm Shop 7 days, 9:30am to 5pm
02 6230 2487 poacherspantry.com.au

Looking for a great horse vet?

- We just love horses
- We travel to you
- Around the clock care
- 'State of the art' hospital
- From the routine to the complex diagnosis and surgery - we do the lot



CANBERRA
Equine HOSPITAL
6241 8888

Corner of Barton and Federal highways, Lyneham

web: canberraequinehospital.com.au
email: equine@canberravet.com.au

Are you following us on Facebook?

Have you seen our welcome video on the web page?
Go to www.canberraequinehospital.com.au to view it!

THE SHEARING SHED

HAIR SALON

Monday to Wednesday	9.00 – 5.30
Thursday	9.00 – 8.00
Friday	9.00 – 5.30
Saturday	8.00 – 1.00

Waxing and Tinting	
Thursday	4.00 – 8.00
Saturday	8.00 – 1.00



Unit 1/2-4
Victoria Street
Hall ACT 2618
6230 2284

Walking 100 kilometres for diabetes

In October this year local woman Catherine Karabin will take on the challenge of walking 100kms along the Great Ocean Road to raise funds and awareness for diabetes.

Catherine is joining *Diabetes NSW/ACT & Qld* for their fifth annual Great Ocean Road Trek to make a difference for people living with diabetes and those yet to be diagnosed. Catherine is a Type 2 diabetic and says the work of *Diabetes NSW & ACT*, and the various services they have provided her with over the years have inspired her.

Diabetes is the fastest growing condition in Australia, with around 1.3 million people diagnosed and a further 500,000 undiagnosed. Almost 300 people are diagnosed with diabetes everyday.

Last years trek had 19 walkers and raised \$43,344.

The money raised from this event goes towards providing programs, services and support for those living with diabetes and their families and carers. Programs include community services, public campaigns to address common misconceptions around diabetes and crucial research, all of which would not be possible without fundraising.

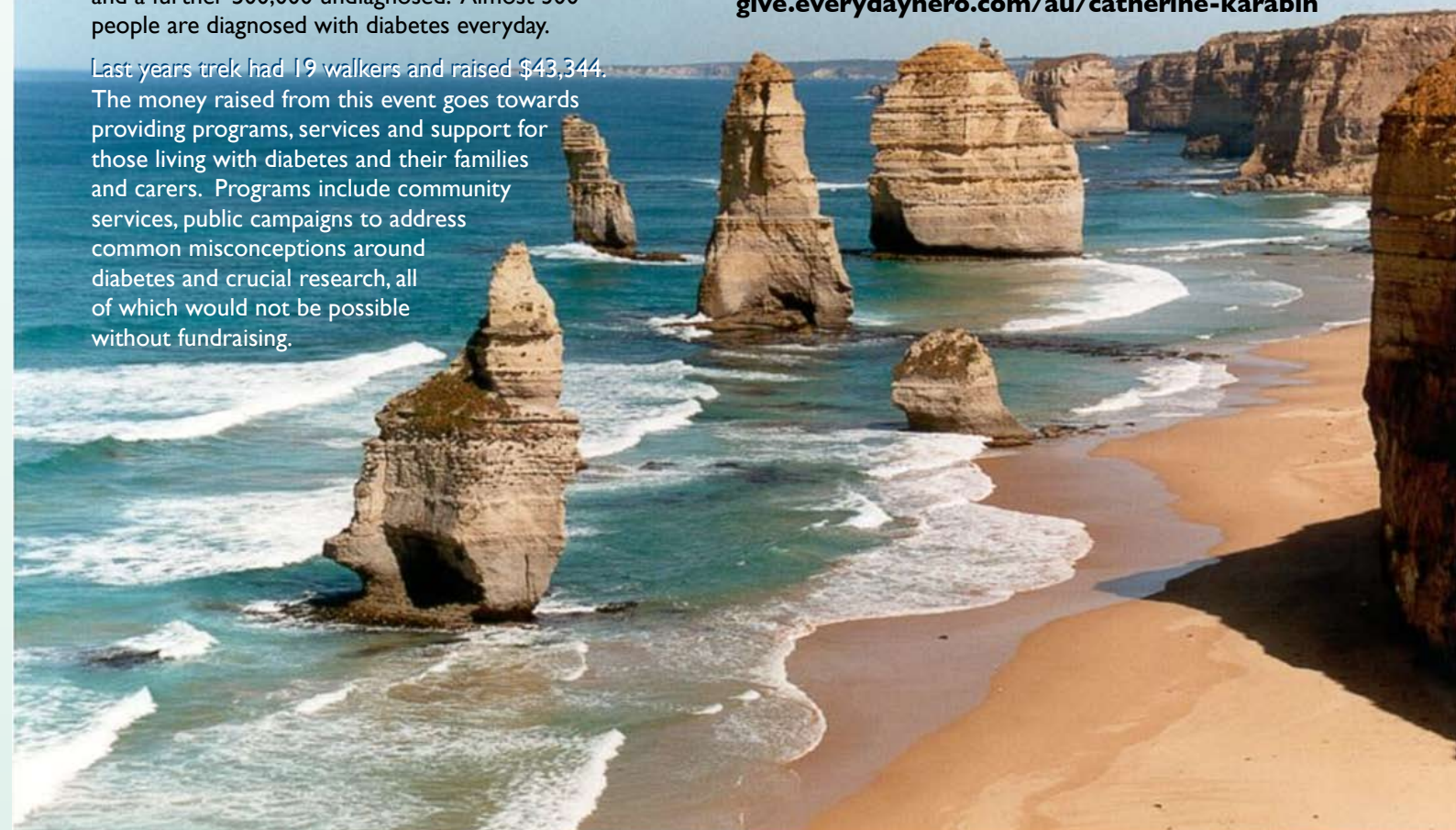


Catherine Karabin

The guided trek will entail five days of walking, covering 100kms, starting at Apollo Bay and ending at The Twelve Apostles. Each day walkers will cover 14km-23kms. The terrain will include creeks, rainforests, beaches, roads, stairs and walking tracks.

To prepare for the trek Catherine has added to her usual exercise routine by joining *Brindabella Bushwalking Club* and has been walking with them twice a week in bushland and hilly environments around the ACT and NSW. She also has a new friend and mentor, Jill Wicklander, who has walked the Great Ocean Road before and 820km on the Camino de Santiago in Spain last year.

If you would like to support Catherine, and Diabetes NSW & ACT, there is a donation tin at *Hall Farm Supplies* or you can make a donation to her Everyday Hero page: give.everydayhero.com/au/catherine-karabin



Ray White

YOUR HOME
DESERVES

ELITE SERVICE



Your Local Hall Region Expert

5 reasons to list with Mark Johnstone, Hall Region specialist.

• 99 Fairview Road, Springrange	SOLD \$1,950,000
• Lot 2 99 Fairview Road, Springrange	SOLD \$1,440,000
• 40 Pinebank Lane, Springrange	SOLD \$1,340,000
• 42 Coulton Road, Wallaroo	SOLD \$1,350,000
• Lot 2 Woodgrove Close, Wallaroo	SOLD \$1,325,000

Dedicated and committed to assisting his customers, Mark is continually acknowledged for his integrity, trustworthiness and ability to deliver great results. Call Mark anytime to discuss your real estate needs!

Mark Johnstone 0414 382 093
mark.johnstone@raywhite.com

Ray White Belconnen 02 6173 6300
raywhitebelconnen.com.au

Who said 13 is unlucky?

Friday 13 is an auspicious day, not a day of superstitions. If you ask Neil Manson, or any of the Manson clan – Greg, Vicki or Scott – it's a very very lucky day.

On Friday 13 September 1968, two weeks after Patricia Anne Garland's 21st birthday, she married Neil Manson in Aberdeen Scotland. From this day and for over 50 years Patricia brought vibrance, quirkiness, generosity and loyalty to everyone she met, including the members of Hall community.

At the end of January this year Hall lost one of its more delightful and colourful fringe dwellers – Patricia Manson, aged 71.

Pat lived for the last 10 years in Springfield Valley off Nanima Road near Hall and participated in most of the Hall district activities.



Celebrating her 70th birthday

Patricia was born in Aberdeen Scotland on 28 August 1947 to Victor and Anne. She worked at the University of Aberdeen when she became romantically involved with Neil Manson, a postgraduate student at the University. The couple got engaged one full moon in 1968.

The number 13, and in particular Friday the 13th, was considered unlucky and superstitious in Scotland. When arranging their wedding they discovered many bargains were to be had if they had their wedding on

Friday the 13th: the church, hotels, taxis and caterers all offered a special deal. Being Scottish and loving a bargain the couple had fun with the theme decorating the wedding with lots of black cats and horseshoes. There was lots of interest in the unusual Friday 13 wedding and Patricia was a stunning bride, named Bride of the Week in the far north of Scotland's Aberdeenshire.

Indeed Pat and Neil considered the 13th was lucky, reaching their 50 wedding anniversary last year. But many more anniversaries were celebrated as every Friday the 13th was cause for celebration.

Pat and Neil had three children Greg, Vicki and Scott, three partners and seven grand children – total family of 13 all living within 20 minutes of Hall.

After Pat and Neil left Scotland in 1968 the fast life in California continued for several years. For example, Pat thought she was working for the Mafia and was convinced when the whole company disappeared overnight. She could entertain you for ages with unbelievable story of her time in Hollywood.

Pat returned to the United Kingdom but then came to Australia in 1973 as Neil had a position at the Australian National University (ANU). Pat obtained a position at the Australian Institute of Sport. This was very appropriate as her family has many sport contacts.



Pat insists the hot guy in the middle (Darth) is just a good friend and not the husband. Neil is in far right. Neil is an Emeritus Professor at ANU and his secret topic is to do with diamonds! 12 of the family are in the picture. The 13th (Linda) is taking the photograph.

Greg (son) and Linda and their two children Fin and Halley live on Springfield Valley Farm. Greg initially earned his money as an electrician and spent it as a farmer but now does pretty well as a farmer as well. Vicki (daughter) and Rowan live in O'Connor with their children Calad and Casha. Vicki's heroics are with sorting out the issue with the Murray Darling Basin Authority.

Scott (son) and Cassie live with children Kobie, Zac and Issabel in Crace. Scott earned his reputation on the soccer fields of Canberra but now has to settle as an electrician installing solar systems.

In particular her father Victor was a tennis and table tennis international and Scottish champion in both. Pat held the position of Secretary to the Head at the Institute of Sport for well over 13 years and in her position she was very well respected. She held the position for many changes of Head at AIS. When the Prime Minister such as Bob would visit they would know and first approach Pat. After 10 minutes catch-up and probably telling them their star sign she would realise she was supposed to introduce the new Head standing nearby! Ooops!

Pat (or Patrice as she often preferred) would treat everyone with the same respect and we all got to know and enjoy this bubbly colourful character.

Rarely did you part company without a new enthusiasm for life. She had this gift, often using birthdays and numbers, to help people find and trust their strengths and abilities.

She learnt of the 'Black Cloud' over her about 10 years ago when she was diagnosed with a rare type of ovarian cancer and she was determined to transcend it and not let it dominate her life. Following treatment and weird and not so wonderful side effects she would often not have a comfortable night but in the morning she would snap out of it, put on a brave and bright face, and once interacting with people they would never know. The conversation was about their lives, not hers unless she had some fun news. 'Don't ask me how I am, as that might remind me'. The treatment over the 10 years had its down side but usually she could find a positive. An obvious example was she found it uncomfortable to wear tight fitting 'normal' shoes and found loose fitting CROCS much better. She turned this round to have the most amazing colorful footwear. At her 70th she had the grand children walking the plank and avoiding the CROCS.



'Beware of the CROCS' held up by Pat. Don't fall off or crocs will get you!

She got great pleasure interacting with her family of 13 and the greatest joy was having fun with her seven grand children. She had them to the cinema late January – ice-cream and popcorn and good fun – totally innocent as to what was to happen a few weeks later. They were shattered as we all are.

Riverview Homestead B&B

1173 Wallaroo Road, HALL

"Relax with nature, in country comfort"



Your hosts: Les & Robyn Beresford

www.riverviewhomestead.com.au

phone: 6230 2637 or 0417 463 601 email: lesrobdj@bigpond.net.au



Specialising in all aspects of turf & horticultural maintenance using industry leading equipment and machinery.

- Lawn aeration / coring / de-thatching
- Fertilising • Soil tests
- Soil penetrant surfactant application
- Scarab grub control
- Selective herbicide application for summer grass, paspalum & broad leaf in lawns



Irrigation system design and installation, now is the ideal time!



Turn your green waste into valuable mulch/wood chips with our 7 inch wood chipper

Pruning, trimming & hedging • Roses, fruit trees natives & exotics

P. Jeff Tarlinton 0403 594 933

E. jeffrey.tarlinton@bigpond.com

Qualified Horticulturist and Greenkeeper

30 years experience

NON POTABLE WATER TANKER

- Using your water or supplied.
- 3000 Litre tank with custom made remote hydraulic boom operated from cab.
- One person operation.
- Access areas bigger tankers can't.
- Flow constant or incremental via solenoid valve / controller from cab.
- Tree, wind break, garden bed & lawn watering.
- Soluble / Foliar fertiliser application.
- Soil conditioners / amendments.
- Soil penetrant surfactants.
- Non and low toxic pesticide applications.



Qualified Horticulturist & Greenkeeper with 30 years experience. Specialising in all aspects of turf & horticultural maintenance.

P. Jeff Tarlinton 0403 594 933
E. jeffrey.tarlinton@bigpond.com



MURRUMBATEMAN VETERINARY

OUR SERVICES:

FOR LARGE ANIMALS:

- Consultations & Examinations
- Farm Visits (Sheep, Cattle, Goats, Alpacas)
- Calvings and Foalings
- Horse Calls (Colics, wounds, lameness etc.)
- Pregnancy Testing
- Powerfloat Dentistry
- Digital Portable X-Rays
- Reproduction Examinations

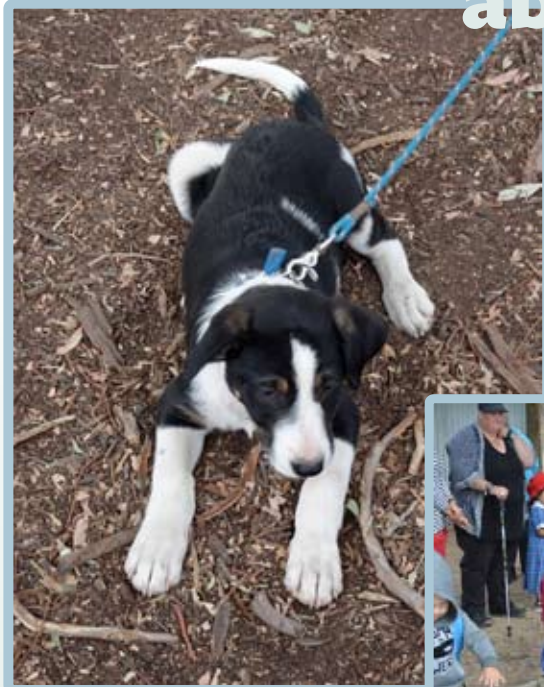
FOR SMALL ANIMALS:

- Consultations & Examinations
- Vaccinations
- Major and Minor Surgeries
- X-Rays and Ultrasounds
- Denistry
- Grooming for dogs and cats.

MURRUMBATEMAN
8 Hillview Drive
Murrumbateman NSW 2582
6227 5955

AFTER HOURS EMERGENCIES
6226 4444

WWW.YASSVET.COM.AU



at the
National Sheep Dog Trial
Championships



Hall preschoolers at the Sheepdog Trials





Hall Veterinary Surgery

Phone 6230 2223



Proudly supporting the Hall community



Capital Asphalt Services



Domestic and commercial asphalt placement specialists

Repairs and restorations

No job too big or too small

Obligation free quotes

Phone Sam on 0418 630 542
or office: 6230 2868

Experiments in Happiness

The Attitude of Gratitude

'When it comes to life the critical thing is whether you take things for granted or take them with gratitude.'

G. K. Chesterton

Oh to have superpowers! Able to leap tall buildings, stop speeding bullets or get the tax return in on time. There are lots of things we wish we could do or be and sometimes our wishing inspires us to strive – to study something new, to travel, to experiment, to save – to be, as the self help gurus say, our best self.

But a lot of the time our wishing can turn into complaint and envy as we see that others have things we do not. And that cycle of complaint becomes a downward spiral that saps our self-esteem and confidence leading to a sense of defeat and misery.

Gratitude is a superpower that can turn around that cycle of complaint. Studies have shown gratitude can improve our health and mean we experience less aches and pains and it can improve our relationships with others all while increasing our self-esteem and resilience.

There are many other benefits of gratitude as well. According to a study published in *Applied Psychology: Health and Well-Being* spending just 15 minutes jotting down a few grateful sentiments before bed improves sleep. A recent article on the BBC News Website suggested the following six Gratitude Questions explored in a journal every day may not only help you sleep better but can also help shift our mindset and enable us find more happiness in our life.

The questions are: *In the last 24 hours –*

- What experiences, however mundane, gave you pleasure?
 - What praise and feedback did you receive?
 - What were the moments of pure good fortune?
 - What were your achievements, however small?
 - What made you feel grateful?
 - How did you express kindness?
- www.bbc.com/future/story/20181016-how-to-boost-your-mood-with-one-10-minute-exercise

Other studies have found gratitude not only reduces stress, but may also play a major role in overcoming trauma. One such study with returned service people found those with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. Another found gratitude was a major contributor to resilience following the terrorist attacks on 11 September 2001.

Research has shown we need five positive interactions to counter one negative interaction. Gratitude teaches our brain to look for those positive interactions and

An occasional column
by the Smiling Kangaroo



the more we see these positive things the more we see and this in turn helps to build our resilience and wellbeing.

One gratitude activity that makes a great addition to a regular family mealtime is *The Roses and A Thorn*. You are looking for more roses than thorns and this activity teaches us to look for the good and not just complain about the bad.

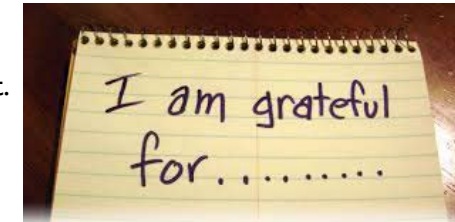
- What three roses were you given today? (Best parts of the day)
- What was the one thorn amongst the rose? (Most challenging part of the day)

Someone once said - *Gratitude turns what we have into enough*. Why not give it a go? Or if you want to start small just say thank you and make someone's day!

So thanks for reading and may your today be a lovely day indeed.

Be brave life is joyous! The Smiling Kangaroo

P.S. For a delightful gratitude pick me up - search for the 5-minute film, **Everyone Matters Movement** on YouTube.



Hall Village Motors

Mon-Fri
7:30am-5:30pm
Saturday
8:00am-2:00pm

phone: 6230 2288

Proprietors: Tony & Amy Hazelton
fax: 6241 7281





clearview

total property services

- Maintenance
- Roofing
- Gardening

- Carpentry/Joinery, Tiling, Painting, Plastering
- Kitchens, Bathrooms, Wardrobes & Laundries

Property Image Consultant

Stuart Hensley
mobile 0418 449 781

email clearview132@bigpond.com

Parvovirus cases in Canberra and surrounds

Hall Vet Surgery

Recently there have been multiple cases of Canine Parvovirus reported by veterinarians in Canberra and its surrounds. Parvovirus is a highly contagious and potentially fatal virus that causes extreme vomiting and diarrhoea leading to dehydration, lethargy, septicemia and even death in severe cases.

This virus can be spread directly through contact with an infected dog, through faeces or indirectly through items like water bowls, collars and leashes or the hands or clothing of people that have touched an infected dog. Parvovirus can also remain active in infected soil for years, such as at ovals or dog parks where an infected dog has been.

Dogs less than one year of age are most at risk, however older un-vaccinated dogs can also contract the disease.

Most dogs will recover with aggressive supportive treatment if started early. The main focus of treatment is intravenous fluids to replace lost fluids



and rebalance electrolytes, pain relief to ensure the patient remains comfortable and medication to control vomiting and nausea. Patients may require treatment in hospital for many days before recovering.

The good news is that Parvo is a preventable virus and is covered in your dog's normal C3/C5 vaccination. We

recommend that puppies have three vaccinations at 6-8 weeks, 10-12 weeks and 16 weeks of age. They also require a booster vaccination at around 15 months of age and then a booster every three years for life.

We'd like to take this opportunity to remind new puppy owners that your dog is not covered until 10 days after their second C3 vaccination and you should avoid taking your dog to public places like foot paths, dog parks and ovals until they have received all three vaccinations. If you are unsure of your puppy or adult dog's vaccination status please contact your vet. If you notice decreased appetite, vomiting, diarrhoea or lethargy in your pet please call your vet ASAP.

Plants that survive

by Lisa Walmsley

I don't need to tell you what a difficult summer this had been on so many levels and our gardens have not been immune to the devastation of our extreme weather patterns.

The satisfaction and joy I have as a seasoned gardener is the result of a lot of patience, time and experience. Along with a fair bit of trial and error, taking some chances with plants and hopefully watching them thrive but sometimes fail.

When starting out in your garden you don't always have the time, effort or dollars to make a lot of errors. Here I am going to give you a list of plants that are easy to grow and maintain, that will give you the confidence to move on to plants that require a little more care.

Check out these 20 plants, practically guaranteed to provide beauty to your garden with minimal effort and not much water. (Not necessarily my favourites but tried and true resilience.)

1 **Heuchera Coral Bells** – once established, little maintenance keeps this plant in good shape with interesting foliage and small spikes of flowers.

2 **Nandina Domestica** – also known as sacred bamboo, lush green foliage, white flowers and red berries create many seasons of interest.

3 **Aucuba japonica** – spotted laurel, an easy going evergreen shrub that works well as a foundation plant or as a hedge. It has a slow growth habit, so not high maintenance.

4 **Marigold** – one of the best bang for your buck plants, grows anywhere and if you have the right conditions, self seeds.

5 **Canna Lillies** – this is a no nonsense plant, bright orange, red or yellow blooms above lush foliage that can reach up to around two metres - plant them where they can grow freely.

6 **Rosemary** – a perennial evergreen herb, a must have in every garden.

7 **Salvia** – also sage, a herb and perennial with hundreds of varieties that are all awesome.

8 **Catmint** – this has a strong fragrance that I am not partial to, but it has lovely grey foliage and pretty blue/purple flowers. Cats love it, apparently.



Rosemary

9 **Forsythia** – this burst to life with bright yellow flowers in spring, then attractive green foliage.

10 **Creeping phlox** – if you are craving colour and have tricky soil, this is the plant for you. It grows a carpet of gorgeous blooms over rocks or in your garden beds.

11 **Indian Hawthorn** – I mention this plant for only one reason, it is heavily promoted as easy and wonderful to grow in this region. I have never seen this plant grow well, particularly in country gardens – it hates wind. My suggestion, proceed with caution.

12 **Autumn Joy Sedum** – this sedum is a wonderful hardy perennial. Drought tolerant and wonderful bird feed.

13 **Dusty Miller** – Silver ragwort or *Jacobaea maritima*, this lacy silver annual that can grow year after year. Once established it requires little care and happily tolerates heat and drought.

14 **Gold thread cypress** – big statement plant, evergreen, slow growing and eye catching with seemingly gold foliage.

15 **Hostas** – Ground cover with wonderful foliage in a range of greens. Easy to grow once established but watch out for snails.

16 **Lambs ears** – mat forming ground cover with spears of purple flowers requiring no maintenance.

17 **Roses** – some consider roses tricky, but really they are not, for fragrance and show, a must have plant in your garden.

18 **Creeping juniper** – this is the plant you can grow that thrives on neglect. No matter your soil or climate it will grow. The ultimate low maintenance foundation plant.

19 **Lavender** – another fragrant plant that provides joy, with very little care.

20 **Lomandra tanika** – this is a native grass that has a lovely soft appearance and add a great different texture to your garden.

Sometimes in a garden it is important to have things that grow and thrive which can also mean growing plants that are not your favourites. But once your garden has some establishment and maturity, it gets easier to grow the plants that are a little fussier.

FRESH
WATER
DELIVERIES

18,000 Litre Tanker

Servicing the district for over 20 years

Also available - maintenance grading of driveways, dam construction & house site cuts

PH: Geoff - 0417 632 209

HEWATT CIVIL PTY LTD
e: info@hewatt.com.au

Grassfed Galloway Beef

Available at Epic Markets



Minto Galloways Natural, pasture raised beef.

Independent US and Canadian tests found that Galloway Beef is:
• naturally lean, but well marbled, tender and full of flavour
• low in saturated fat, but with high levels of Omega-3
• contains no growth hormones or antibiotics, unlike most feed lot beef available through retail outlets today.

Gently reared on pasture, stress free Minto Galloway beef tastes great as well as being good for you.

NSW Food Authority Ref No. 33313 for your confidence
ACT Food Business number 0931/07

We sell Commercial and stud Galloway animals

To order, or for more information, contact

Greg & Chris Stuart

phone: 6230 2536 email: fenris1@bigpond.com

Saving the World One Brussels sprout at a time!

by **Rhiân Williams**

Civilisation is in crisis. We can no longer feed our population a healthy diet while balancing planetary resources. If we can eat in a way that works for our planet as well as our bodies, the natural balance will be restored.

— Richard Horton and Tamara Lucas
Editorial in the Lancet on the Planetary Diet

January 2019 was Australia's hottest ever month on record. It followed on from the hottest December ever. But we know that – we don't need to know what the Bureau of Meteorology has just confirmed. We all saw the BOM maps that made Australia look like one giant burning fire as the colour coded heat maps showed the temperatures across the country. And we all sweltered through it.

Scientists are warning that both the pace of global warming and its effects may have been underestimated. A piece published in the journal *Nature* states there is a 'good chance' that a temperature rise of 1.5°C above preindustrial levels could arrive by 2030 – in 11 years – if emissions continue unchecked. And that means those drought and heatwave conditions we have just been through will become the good old days.



But there is an amazingly simple thing we can do to reverse global warming and you know what – we can do it right now and we don't need any government action at all. And best of all it's cheap, it's easy and it's great, not only for the planet's health, but for our own as well.

The EAT-Lancet Commission brought together 37 leading experts in nutrition, agriculture, ecology, political sciences and environmental sustainability, from 16 countries. Over two years they mapped the links between food, health and the environment and formulated global targets for healthy diets and sustainable food production and in so doing developed a 'planetary health diet'.

It is globally applicable – irrespective of geographic, economic or cultural background – and locally adaptable. The diet is a 'flexitarian' approach to eating. It's largely composed of vegetables and fruits, wholegrains, legumes, nuts and unsaturated oils. It does include the option of high-quality meat, dairy and sugar, but in quantities far lower than are consumed in many wealthier societies, including Australia at the moment.

The planetary health diet consists of:

- vegetables and fruit (550 grams per day)
- wholegrains (230 grams per day)
- dairy products such as milk and cheese (250 grams per day)
- protein sourced from plants, such as lentils, peas, nuts and soy foods (100 grams per day)
- small quantities of fish (28 grams per day), chicken (25 grams per day) and red meat (14 grams per day)
- eggs (1.5 per week)
- small quantities of fats (50 grams per day) and sugar (30 grams per day).



Did you know we lose or throw away around one-third of all food produced each year? That's enough to feed the world's hungry four times over, every year. Did you also know one-third of the greenhouse gas emissions that drive global warming come from food production? Our global food system leads to extensive deforestation and species extinction, while depleting our oceans and fresh water resources.

At the moment 800 million people currently go hungry, two billion are malnourished and a further two billion people are overweight or obese. According to the scientists who did the research the food system is broken. And with 10 billion people expected to live on Earth by 2050, a continuation of today's unsustainable diets would inevitably mean even greater health problems and severe global warming.

Unhealthy diets are the leading cause of ill health worldwide and many species teeter on the edge of extinction because of the relentless pace of land clearing for industrial agriculture, which is devastating the environment as forests are razed and billions of cattle emit climate-warming methane.

The planetary diet is a win-win. It's pretty simple really, we just need to eat a lot less meat and dairy and a lot more fruit and vegetables and whole grains.

Yeah, I know if you love your meat this diet is asking you to make some big changes. But if we do make these changes, our children and our grandchildren and all the creatures with whom we share our environment will still have a habitable planet.

So let's do the world and our waistlines a favour and adopt the planetary diet and here's to saving the world by eating our vegetables!

For more info on the *Planetary Diet* – you can read the report at:

www.thelancet.com/commissions/EAT

And check out the new *Saving the World - One Brussels Sprout at a Time* – a column on page 21 with some great *Planetary Diet* recipe ideas!



Owner operator, based in Hall

We do:

- Soil excavation and removal
- Green waste and stump removal
- Rural driveways
- Site cuts and clearing
- Post holes 200mm – 600mm
- Landscape preparation
- Star picket & rural fence removal
- Water tank sites

We also have:

- 5.5 tonne excavator
- 12 tonne tipper

Bobcat attachments:

- Trencher
- Pallet/brick forks
- Hay bale spears

Call Craig to quote on all your Bobcat and Excavation needs.

0428 751 023

www.cmcbobcat.com.au



Pacific FM specialises in commercial building maintenance

Offering a suite of tailored specialised servicing including:

Air conditioning, Electrical, Mechanical, Data, Fire and Emergency Essential Services installation, Maintenance and rapid breakdown response.

mob: 0417 678 405 | ph: 62624673
email: justinh@pacificfm.com.au
Unit 3, 125 Lysaght St, Mitchell ACT 2911
PO Box 891, Mitchell ACT 2911
www.pacificfm.com.au



FARMER BROWN'S
FREE RANGE EGGS

Using modern sustainable and humane farming techniques incorporating innovative ideas, such as pasture rotation and recycling of waste food, to create a more sustainable city.

Produced on a 20 hectare property in the Hall region.

Available at *Daughters at Hall*
or direct - drop in to 2 Alexandra St in the Village,
or call Greg, 0402 840 834
www.farmerbrownseggs.com



For all your gardening needs

Mowing - small & large scale

Trimming/Hedging/Pruning including roses, fruit trees

Mulching • Weeding • Fertilising
Soil improvement • Planting
Green waste removal

QUALIFIED HORTICULTURIST

Phone: **0417 682 540** (Charlie)

0428 275 701 (Lisa)

Email: lisa@gibleygardening.com.au

www.gibleygardening.com.au

Fatigue, anxiety, depression and Electrosmog

Anita Kilby naturopath



Have you heard of electrosmog? It's a term used for the accumulation of different sources of electromagnetic fields and radiation (EMFs) creating a stronger source of radiation than each source individually. All electrical equipment have an EMF. How big that field is varies between different types of equipment. If equipment is plugged in there is an EMF around it regardless if the equipment is turned on or off. We are constantly exposed to EMFs, natural and man-made.

Living beings have their own electromagnetic field. The external EMFs around us can interfere with our own field and interrupt the normal function of our cells. The research is showing that the biological effect of EMF exposure is excessive oxidative stress due to excessive movement of calcium into cells. You can think of oxidative stress as being like rust forming on iron from exposure to water, a process where damaging forms of oxygen are produced that breakdown structures.

In the body oxidative stress particularly affects our nervous system, damaging nerve cells, altering neurotransmitters and hormone production, interfering with sleep quality, normal immune system and heart function, normal mood regulation and fertility. The heart, brain, and reproductive organs are susceptible

to the damaging effects of EMFs as these cells have high concentrations of calcium channels. EMF exposure can also break DNA which can increase the risk of cancer. Microwave (or radiofrequency) radiation from mobile phones, Bluetooth, Wi-Fi and mobile phone towers were declared as possible carcinogens in 2011 by the International Agency for Research on Cancer.

That sounds all doom and gloom. The reality for most of us is that we can't avoid exposure to EMFs. What we can do though is reduce exposure in our homes, particularly in our bedrooms. In most cases simply increasing the distance between you and electrical and wireless devices significantly reduces your exposure. As a general rule, there is an 80% reduction in radiation exposure by being just one foot (30cm) away from the device.

Simply ways to reduce your EMF exposure include:

- use the speaker on the mobile phone and don't hold it to your head, wired or air-tube headsets are good options
- keep your mobile away from your body when not in use
- try not to use mobiles/Bluetooth in vehicles, the signal bounces around inside the metal shell of the vehicle increasing your exposure
- use devices on the table not your lap, don't rest them near your stomach/groin while using them
- minimise Bluetooth use, turn it off if you're not using it
- go back to the corded home phone, DECT cordless phones emit signals constantly
- get rid of baby monitors, at least move it as far away from the cot as possible
- make bedrooms a device free zone, or at the very least put them on airplane mode
- don't charge devices in bedrooms overnight even in airplane mode
- unplug unnecessary electrical equipment and cords near the bed, move alarm clocks and lamps to the other side of the room
- move away from appliances while they are operating, unplug them when not in use

- ideally use ethernet cables instead of Wi-Fi in the house, locate the Wi-Fi router as far away as possible from most occupied areas (bedrooms, living rooms)
- and the big one – turn off the Wi-Fi overnight, while it's on the whole house is bathed in wireless radiation, it will be interfering with your repair processes while you sleep.

Children are more vulnerable to the effects of EMFs as they are still growing, so they are more affected than adults. Always have devices on airplane mode when children use them and avoid/reduce Bluetooth and wireless device use such as playstations.

If you're not sleeping well, try turning off and unplugging everything electrical in the bedroom for a few nights to see if that helps. Also unplug anything electrical on the other side of the wall behind the bed or relocate the bed away from that wall if you can't turn things off like the fridge or the fuse box.

There are meters to measure the level of EMFs if you're concerned your health issues are related to EMF exposure. You can hire basic meters to test your home or make an appointment with me to come to your house to test it. Building biologists are the experts in identifying and remediating EMF exposure.

There is a lot of conflicting evidence about the health effects of EMFs. It pays to look at who is funding the research and if they are using real world situations in the studies. Several European countries have been concerned enough about their effects to ban or restrict Wi-Fi in schools – better to be safe than sorry with children's health! Some sources for further information are:

www.orsaa.org
<https://theemfguy.com>
www.wifi-in-schools-australia.org

CANBERRA

ARWAYS

PTY LTD

FOR RELIABLE & EFFICIENT
MOTOR VEHICLE TRANSPORT

CANBERRA – SYDNEY
CANBERRA – MELBOURNE

ALSO PICK-UP & DELIVERY ALL OTHER CAPITAL CITIES

For enquiries telephone 6242 7310 FACSIMILE 6242 7320

3 CHENEY PL, MITCHELL

Saving the World

One Brussels sprout at a time!

A new food column based on *The Planetary Diet*

LEMONY GREEN BEAN SALAD WITH FIGS AND FETA

This green bean salad is crunchy, nutty, salty and bright with both lemon juice and zest.



photo by Cassie White

Ingredients

- 450g green beans, trimmed and cut into small pieces
- 1½ tablespoons/22ml fresh lemon juice
- 1½ tablespoons/30ml extra virgin olive oil
- 1 teaspoon/5ml raw honey
- ½ teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- Strips of lemon zest from one small or half a large lemon cut into thin slivers
- ½ cup, roughly chopped flat leaf parsley
- 113g feta cheese, (preferably sheep's milk) cut into chunks
- 4-6 fresh figs, cut into large chunks
- 1/3 cup/37g hazelnuts (or any nuts you like) toasted and roughly chopped
- 3 tablespoons/30g shelled hemp seeds

Instructions

1. Prepare an ice bath by filling a large bowl with ice and water and set aside. Bring a large pot of salted water to a boil. Add green beans and cook for 1-2 minutes (until just tender), then strain and plunge the beans into the ice water. Gently pat dry between two clean kitchen towels and set aside while making the dressing.
2. In a large bowl, whisk together lemon juice, olive oil, honey, salt and pepper. Add the green beans to bowl and toss.
3. Add the chopped parsley, feta cheese, figs, hazelnuts, and hemp seeds and gently toss to combine. Season to taste and serve.

from: Gourmande in the Kitchen

Hall

Natural

Therapies

Regain your health and vitality

Sick of feeling tired?
Hormones wreaking havoc?
Ongoing stress, skin or digestive problems?
Can't lose weight no matter what you try?
All your tests come back normal
but you still don't feel right?

Call Naturopath Anita Kilby
6230 9680 or 0411 494 680
New Location – 1255 Barton Highway, Wallaroo
hallnaturaltherapies.com.au
 Confidentiality guaranteed

From the Editor

We know autumn has arrived in Hall when the dust is blowing around the National Sheep Dog Trials and the annual Dog's Dinner is held at the Pavilion: A huge thank you to everyone involved in putting on this community event – Helen White, Margaret Morris, Olga Minion, Marion Barnyard, Marg Rule, Anne Lomax and Andy Pearson, as well as Bill Pearson and his team from the Collectors Club who cooked the meats and potatoes. Now we have the Brass Band to look forward to on 14 April and the opening of another exhibition at the Museum the same day. And the rugby season kicks off at the oval.

The regular rhythm and fellowship of community life in Hall gives us some comfort in a world disrupted by violence and hatred. The massacre in New Zealand has shaken us all. I like to think that we can make some kind of humble stand against violence and extremism with our everyday lives and interactions; and that kindness begets kindness. Our *Smiling Kangaroo* advises us on the powers of such positive attitudes as gratitude (page 15). I hope in our own small ways we can promote kindness and gratitude among ourselves in Hall. I certainly appreciate our spirit of camaraderie and long tradition of community events.

Until next time,
Jo Hall



Be Connected
Every Australian online.



Be Connected is a free Australian Government initiative helping you to get the most out of going online.

Be Connected can help you:

- learn the basics and realise the full potential of going online
- be safe while you're online
- talk to or see family and friends who live far away, more often
- find new or old friends who share your interests and hobbies
- keep up-to-date with what's happening in your community and around the world
- learn how to shop online, safely and securely, without leaving home.

And that's just the start.

Be Connected Network Partner:

Call 1300 795 897

Go to www.becconnected.esafety.gov.au

There's never been a better time to get online.

Discover how being online can add new skills and experiences to your life.

www.becconnected.esafety.gov.au

Be Connected local partner

The Hall Kiosk is situated at the Hall school site, Victoria Street Hall.

Further information and how to book a tutor Contact: Rod Roberts on 62302436

Community consultation commences for Parkwood Planning Proposal



Formal community feedback is now sought for the Parkwood Planning Proposal – the NSW part of the cross border Ginninderry development.

Parkwood Planning Proposal is a very complex development proposal, due to its cross border location and environmental significance, and while there are still many issues to resolve this consultation process will aim to address any community concerns.

The 3D model of the development has been set up at Yass Library to assist the Yass Valley community in understanding the size and complexity of the proposal and also encouraging them to provide their feedback.

The planning proposal documents can be viewed online at www.yassvalley.nsw.gov.au/our-council/public-consultation/ and hard copy at **Hall Post Office**.

The community is encouraged to provide feedback on the proposal prior to 5pm Friday, 26 April 2019.

The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 700 copies every second month by the Village of Hall and District Progress Association Inc (VHDP) and distributed free to mailboxes of the 2618 postcode. It is also available online at www.hall.act.au This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not. These deadlines ensure publication by the 10th of every second month.

February issue deadline is 10 January

April issue deadline is 10 March

June issue deadline is 10 May

August issue deadline is 10 July

October issue deadline is 10 September

December issue deadline is 10 November

It is the policy of the VHDP that articles which are dominantly about the profit making activity of any group or individual can only be accepted for publication if the same issue carrying the article has a paying advertisement of similar size.

Contributions to ruralfringe@hotmail.com or PO Box 43 Hall ACT 2618.

Advertising rates (per issue)

large (quarter page)	\$80	colour	\$120
medium (eighth page)	\$40	colour	\$60
small (three sixteenth page)	\$30	colour	\$45

Other information

Editor: Jo Hall 0417 693 545

Sub-editor: Bob Richardson 0407 071 245

Email: ruralfringe@hotmail.com

The views expressed in this journal do not necessarily reflect those of the Editor, the Sub-editor or the VHDP.

Some of the material in this journal may be copyright. Please contact the author or the editor for permission before reproducing articles.

Out and about



Another new hive in Hall - new nucleus colonies distributed by Greg Flowers to Hall Honeyes.

photos: Paul Porteous



Moonrise over Hall

Daniel setting up the telescope



photos: Paul Porteous



Janine Yokom
Authorised Celebrant

*I specialize in unique ceremonies that celebrate the momentous moments in our lives
'from start to finish it's all about you'*

Naming days | Weddings | Renewals | Weddings | Funerals

Mobile: 0414 797 211

www.essentialelementscelebrancy.com

When you need water, choose

Southwell Water

FRESH CLEAN PURE DRINKING WATER
DELIVERED DIRECT TO YOUR TANKS

DUST SUPPRESSION

EVENT WATERING

POOL FILL AND TOP UP

LOCALLY SOURCED - LOCALLY OWNED

PH 04 7676 2020

SOUTHWELL WATER

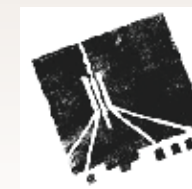


CAPITAL WINES CELLAR DOOR



Taste our wine, share a cheese or produce plate or enjoy an epicurean tasting of matched wine and food

Kyeema Gallery
with exhibitions changing monthly



13 GLADSTONE ST HALL
OPEN 10:30am – 5pm THURSDAY – SUNDAY

Daughters
At HALL
SINCE 1882

POP UP OP SHOP
CLOTHES, SHOES,
JEWELRY,
GLASS WARE
GAMES, DVD'S
PLANTS,
HANDBAGS
AND SO MUCH MORE
FRIDAY 5TH APRIL

Daughters
At HALL

THE
DAUGHTERS'
POP-UP
OP-SHOP
5TH APRIL

